

# *Accessing Inner Guidance Weekend Program*

*2016 Website Program Description*

## **Often, we complicate life choices by questioning and doubting our intuition**

### **Learn to access, trust and apply your inner guidance**

Join guest trainer, Frank DeMarco and TMI residential trainer, Bob Holbrook for this new Guidance weekend workshop. Everyone is born with inner guidance and we experience it continually, both consciously and unconsciously. This program teaches you how to easily access your inner guidance and how to use it more surely, naturally, and easily in all areas of your life.

## **Ask Questions and Receive the Answers**

### **Learn to Recognize Guidance Messages**

Explore various concepts and practices of how to access and use guidance in your life. Using The Monroe Institute's Spatial Angle Modulation™ (SAM) technology to facilitate expanded states of consciousness, participants can readily develop a trusted flow of information that they can apply in their everyday life.

Practice ways to bring the mind and body into coherent alignment to support a practical and reliable connection to the vast potential of our infinite consciousness. This program shows you how to receive guidance in unexpected forms, how to ask and receive the answers to questions that will lead to your best possible outcome.

## **The purpose of inner guidance is to gently nudge you towards achieving your life's goals and purpose so, that you may lead a more authentic and fulfilling life.**

Accessing Inner Guidance uses three kinds of exercises: individual, done in the CHEC units; in pairs and within a group setting. Repeating and alternating these exercises gives participants a firm feel for the skills, perceptions, limitations and problems involved. The goals and practice of each exercise will change as participants' skills and familiarity with technique improves.

- Explore various practices of how to access and use inner guidance
- Develop a trusted flow of information to use in your daily life
- Access the vast potential of your consciousness
- Practice ways to bring the mind and body into coherent alignment

**I AM READY TO EXPLORE!**

## **Your Trainers for this Exploration: Bob Holbrook and Frank DeMarco**

**Bob Holbrook** has been a student of consciousness for most of his life. Bob studied Anthropology and Psychology at Ball State University, Indiana University and the University of Chicago. Bob is an active member of the Society for the Anthropology of Consciousness, The Institute of Noetic Sciences and a certified provider with the Institute of Heartmath. He is presently working with individuals in the areas of addiction and post-traumatic stress disorder.

**Frank DeMarco** has been a journalist and a newspaper editor and writer and was cofounder and Chief Editor of Hampton Roads Publishing Company. He is the author of five books, including Muddy Tracks, The Sphere and the Hologram, and Babe in the Woods (a novel). All of his published works center on his own personal experiences and his mission to help others understand their existence.

### **Learn methods to access positive and useful guidance within as a way of being**

*"I believe this program helped me gain the shift in attitude and openness necessary to recognize when guidance is coming through. And for anyone who is a fan of Frank's marvelous books, it is an opportunity not to be missed." - Buzz K.*

*"During the program I learned how to access my inner guidance and found out what I had been doing wrong up to then. Gaining this understanding was a great step forward for me. I really appreciated Frank's approach to the subject and Bob's support. My thanks to Frank, Bob and TMI." - Bill E.*

*"Wonderfully enriching and fun workshop that enabled me to quiet my mind and tap into wfree-flowing inner guidance from my heart space. Frank and Bob created the perfect environment to overcome barriers and to gain confidence in my ability to access and recognize guidance. Thank you for an incredibly valuable weekend!" - Patty K.*

## Your Facility for this Exploration: The Monroe Institute



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and executives have come to The Monroe Institute looking to expand their consciousness.

**I AM READY TO EXPLORE!**

### All-inclusive Program Fee Includes

Lodging (double occupancy), meals, free WIFI, and local transportation shuttle.